

FAMILY SAFETY, CPR AND INJURY PREVENTION PROGRAMS

KAISER PERMANENTE • DEPARTMENT OF HEALTH EDUCATION AND COMMUNITY PARTNERS

PEDIATRIC FIRST AID AND CPR*

- Lifesaving techniques of CPR, choke-saving, bleeding and shock management
- First aid for poisoning, respiratory problems, other common medical emergencies
- Call Health Education Services for more information: 1-800-754-9072 or www.healtheducationservices.net

FAMILY SAFETY: FIRST AID & SAFETY (in Hayward)*

- Adult, child and infant CPR; first aid for common emergencies
- Call Hayward Adult School-Health & Safety: 293-8595 x5426 or 5427

FAMILY SAFETY: CPR, FIRST AID, AND HEALTH & SAFETY CLASSES (in Hayward)*

- First aid and CPR, choke-saving, injury prevention, and infectious disease control
- Call Hayward Adult School-Health & Safety: 293-8595 x5426 or 5427

AMERICAN HEART ASSOCIATION CPR FOR HEALTH CARE PROVIDERS – BASIC*

- Designed for allied medical professionals and students, and lifeguards
- Call Health Education Services for more information: 1-800-754-9072 or www.healtheducationservices.net

PREVENTIVE HEALTH PRACTICES*

- How to administer a safe and healthy child care facility
- Call Health Education Services for more information: 1-800-754-9072 or www.healtheducationservices.net

PREVENTING FALLS AT HOME (in Fremont and Union City)

- For those at risk of falling (all ages), and their caregivers
- Assess your risk of falling and create a plan to reduce your risk
- Call Kaiser Health Education: 248-3455 or 784-4531

AARP MATURE DRIVING WORKSHOP

- Learn safe and defensive driving techniques
- Call Kaiser Health Education: 784-4531 or 248-3455

*Call for Certification and/or EMSA approval information

Ongoing workshops
open to
Kaiser Permanente
members
and the community

Pre-registration
required



KAISER PERMANENTE®

Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health.

These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:
members.kp.org
fremont.kp.org
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

Visit KP.ORG

**Register today for a healthier way of life.
It's secure. Convenient. Free.**

- E-mail your doctor
- Schedule routine appointments
- Order prescription refills
- View select lab results

LOCATIONS

Location: **Hayward Health Education Center**
27400 Hesperian Boulevard
2nd Floor of the Main Medical Building
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen
Pediatric Health Education Desk**
27303 Sleepy Hollow Avenue
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**
3553 Whipple Rd.
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**
39400 Paseo Padre Parkway
Niles Building, 1st Floor
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455